



a Pro-Club: FAW Coach Ed

Session: 5-3-2 To 2-2-4-2 Transition

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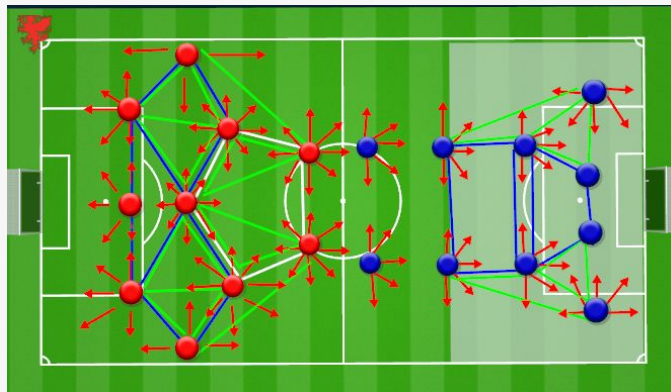
5-3-2 to 2-2-4-2

Groups of 3,4,5 to combine in our half (5-3-2)

- Group of 3 - Green line
- Group of 4 - Blue line
- Group of 5 - White line
- Looking to combine into their half to go into the 2-2-4-2

2-2-4-2 Groups and areas to combine in

- Shaded area is where we want the ball in
- Groups of 3's - Green lines
- Groups of 4's - Blue lines
- Looking to combine in the final third with a lot of numbers to finish on goal, while keeping the team balanced and ready for counters.



(Arrows show the required movements of the players)

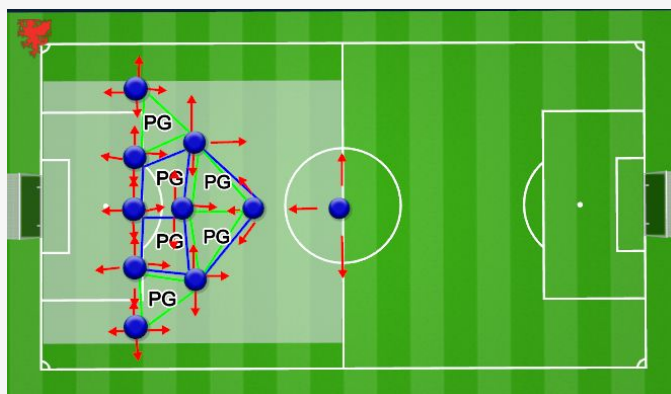
5-3-2 Defensive

BACK 5

- In our half, the line of 5 should move as a unit and stay compact to protect the goal from any danger.
- Defenders must cover each other if one is beaten.
- Looking to play forward so we can start the counter.
- Pressing in groups of 3's and 4's

MIDFIELD 3

- Staying compact to avoid getting split by cutting out the option.
- Covering the CB's or the 2 FB's
- Starting the counter
- Pressing in groups of 3's and 4's



ST 2

- One ST pressures the CDM
- One ST waits for counter
- Looking for that 1st pass in transition
- Looking for the assist
- Finishing the play
- Runs in behind
- Pressing in groups of 3's and 4's

PRESSING GROUPS AND AREAS

- Shaded area represents the spaces we want to stay in to always stay compact.
- PG will appear in the middle of the pressing groups.
- Blue lines are the groups of 4
- Green lines are the groups of 3

END GOAL

- Score on the counter
- keep possession of the ball

2-2-4-2 Attacking

Back 5

- 2 Players stay on the halfway line, to Defend the counter
- 2 players step up to the opponents midfield line, to prevent the counter from starting and to join in combination play as well as looking for through balls or long distance shots.
- LWB becomes a LM, looking to cross, 1v1 match ups, and combination play.

Midfield 3

- RCM Becomes RM, looking for 1v1 match ups, crosses, combination play.
- CM Becomes RAM, looking for 1v1 match ups, through balls, scoring.
- LCM Becomes LAM, looking for 1v1 match ups, through balls, scoring.

ST 2

- 1 or two touch finishing
- Assisting
- Combination play

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